

# INPLASY

## Application progress of leisure football in improving teenagers' physique and health-a systematic review

INPLASY2024110071

doi: 10.37766/inplasy2024.11.0071

Received: 17 November 2024

Published: 17 November 2024

Chen, YX; Yuan, YB.

### Corresponding author:

Chen Yuxiang

674388331@qq.com

### Author Affiliation:

Hubei normal university.

### ADMINISTRATIVE INFORMATION

**Support -** No.

**Review Stage at time of this submission -** Completed but not published.

**Conflicts of interest -** None declared.

**INPLASY registration number:** INPLASY2024110071

**Amendments -** This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 17 November 2024 and was last updated on 17 November 2024.

### INTRODUCTION

**Review question / Objective** Research on the influence of leisure football on teenagers' physique and health, the research method is randomized controlled trial.

**Condition being studied** The equipment is football and the personnel are teenagers.

### METHODS

**Participant or population** Teenagers.

**Intervention** Leisure football.

**Comparator** General physical exercise or physical education class.

**Study designs to be included** SSG, FIFA 11, RS.

**Eligibility criteria** The research must meet the following criteria: (1) It must include the full text on the role of leisure football (RS) in the physical education of teenagers. (2) In this study, SSG, FIFA 11 and RS were used in the experimental group. (3) Traditional classroom learning is used as the control group in two or more groups, while the pre-test results are used in the single-group experiment. (4) The score is related to any one of three items: motor skills, learning/exercise attitude and physical health. (5) The study includes two controlled trials (random/non-random)/single group trials (pre-test/post-test). Studies that meet the following exclusion criteria are excluded: (1) There are no full-text published journal articles. (2) Non-empirical research. (3) There is no intervention mode. (4) The subjects are not teenagers.

**Information sources** Web of Science, PubMed, ProQuest, China HowNet, Wanfang, VIP.

---

**Main outcome(s)** Leisure football can improve teenagers' physique and health.

**Quality assessment / Risk of bias analysis** PEDro table.

**Strategy of data synthesis** Systematic review.

**Subgroup analysis** None.

**Sensitivity analysis** None.

**Country(ies) involved** China.

**Keywords** Leisure football; Teenagers; Good health; constitution.

**Contributions of each author**

Author 1 - chen yuxiang.

Email: 674388331@qq.com

Author 2 - yuan yubin.